

	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
Year 7	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Diversity Diversity, prejudice, and bullying	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Building relationships Online friendships, recognising unhealthy relationships, online safety	Managing Money, functions and uses of money. Financial decision making Saving, borrowing, budgeting and making financial choices
Year 8	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Careers Opportunities and Rights Equality of opportunity in careers and life choices, and different types and patterns of work. Rights and Freedoms, Precious Liberties	Discrimination Discrimination in all its forms, Equality Act 2010	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Identity and relationships Gender identity, sexual orientation, consent, 'sexting'	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks. Free Press, Freedom of Belief & Expression.
Year 9	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Healthy lifestyle Diet, exercise, lifestyle balance healthy choices, and first aid	Diversity celebrating diversity, visibility and positive representation	N10 Financial Decision Making Impact of financial decisions, debt, gambling and the impact of advertising on financial choices budgeting managing risk, financial inequality, public mooney
Year 10	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Communication in relationships Personal values, assertive communication, relationship challenges and abuse	Exploring influence The influence and impact of drugs, gangs, role models and the media	Addressing extremism and radicalisation Communities, belonging and challenging extremism FBVs mutual respect, Individual Liberty, tolerance	Work experience Preparation for and evaluation of work experience and readiness for work
Year 11	Building for the future Self-efficacy, stress management, and future opportunities	Next steps Application processes, and skills for further education, employment and career progression. Study Skills	Pupil voice (Y10 Summer 2022) Child-on-Child Abuse Consent Knife Crime	Independence Responsible health choices, and safety in independent contexts	Summer 1- Living in the Wider World- Money Pensions, savings, insurance, Income&Expenditure, Credit & Debt, public money	

ST JOSEPH'S COLLEGE PSHE CURRICULUM OVERVIEW 2022-2023